

**Military Drill at New Hampshire College.**  
The first week of the spring term at New Hampshire College will be devoted entirely to military drill. No exercises of any kind will be permitted.

## To Relieve Catarrh Catarrhal Deafness And Head Noises

Persons suffering from catarrhal deafness and head noises will be glad to know that this distressing affliction can usually be successfully treated at home by an internal medicine that in many instances has effected complete relief after nine treatments have failed. Sufferers who could scarcely hear have had their hearing restored to such an extent that the tick of a watch was plainly audible seven or eight inches away from their ears. Therefore, if you know of someone who is afflicted with such noises or catarrhal deafness, cut out this formula and hand it to them and they may move from the ranks of suffering people to the ranks of those who are free from such troubles. The prescription can be prepared at home and is made as follows:

From your drugstore 1 oz. of Paracetamol should be dissolved in 2 1/2 cups of water. Take this dose and add to it 1/2 oz. of hot water and 1/2 oz. of ground sugar, stir well, divided. Take one tablespoonful four times a day.

Formalin is used in this way not only to reduce to zero the inflammation and swelling in the Eustachian Tube, but also to equalize the air pressure on the drum, but to correct any excess of secretion in the middle ear, and the results it gives are nearly always quick and effective.

Every person who has catarrh in any form should give this recipe a trial.—Advt.

## BROKE THROUGH SUBWAY ROOF, FELL FORTY FEET

Murray Is Brought Out by Firemen, Internally Hurt and Skull Fractured.

An engine and a hook and ladder company were called today to rescue Jerry Murray, thirty, a postal clerk living at No. 1229 Brooklyn Avenue, Brooklyn, from the subway excavation at Norland Avenue and Avenue I.

He was on his way to the Vanderbilt Park Station when he fell through a hole in the plank covering of the excavation. He dropped forty feet and fell in such a way that he could not reach him. Engine Company No. 122 and a hook and ladder company were summoned and lowered ladder.

Policemen Stone and Wegge went down and brought Murray to the street unconscious. He was taken to the Kings County Hospital with a possible fracture of the skull and internal injuries. The excavation is a part of the Norland Avenue subway extension.

**Had No Room Rent, No Ended Life.**  
Indore Heller, thirty years old, ended his life early today by inhaling gas in his room at No. 218 East Third Street. His inability to pay his room rent is believed to have prompted his act. He left a note asking that his sister, Mrs. S. Spiegel of No. 116 Eastern Parkway, Brooklyn, be notified of his death.

## Fat People Are Not Fit; Efficiency Problem on Patriotic Plane Now

"At This Time," Says Dr. Desire M. Dunn, "When the National Crisis Calls for the Best in Us All, It Should Be a Duty to Bring Ourselves Up to the Highest Physical Plane."

By Nicola Greeley-Smith.

On what plane are you living? (You have a choice of three—low, medium or high. The average sedentary man lives in the middle plane, and so do most women.)

The answer to this question may be found in an article, "Get Fat—and Die," by Dr. George Van Ness Dearborn of the Sargent Normal School, Cambridge, Mass., published in the Interstate Medical Journal.

People are fat, Dr. Dearborn says, because they take in more energy than they give out. Some people, he believes, are born fat, others achieve fat and still others have fatness thrust upon them.

"With those who, in scientific fact, are born fat, our immediate interests can have no quarrel; rather must we quarrel with these unfortunate forebears. Pathological obesity undoubtedly looks more and more as if it were due to some still unknown defect in the metabolic apparatus. But, after all, folk born fat are patients for the physician.

"The great and culpable majority of the obese achieve their uncomplimentary fatness. These people, or most of them, are quite needlessly unhappy because inefficient, and, if they persist, as needlessly short-lived.

**THE THREE PLANES OF PHYSICAL EFFICIENCY.**

Underlying the matter, says Dr. Dearborn, is the doctrine of the metabolic planes of efficiency, summarized in the New York Medical Journal:

"We can have a high or low plane of efficiency; and we can be in a low, medium or high plane of efficiency and be physiologically correct.

"Let us consider a moment, first, the lowest plane of efficiency of the normal individual. We find an illustration in a person who is just recovering from an exhausting illness, such as typhoid fever or pneumonia, or a severe childbirth. Such a person is on the lowest plane of efficiency.

"So long as an expenditure of energy does not exceed the intake of nutrition, or vice versa, that is a normal condition so far as metabolism is concerned. If a person takes too much nutrition, more than his organism uses, he suffers from the lack of exercise, and many different things, more or less serious, result from this lack. The same thing might be true in a very sedentary person, such as a clerk at a desk. His intake and output of energy must be equal, and then all is well and physiologically correct from a clerk's standpoint.

"The middle plane of efficiency is the average condition of the average sedentary man and of most women. Clerks in dry goods stores, bookkeepers and all sorts of people who are still most of the time, and who never think of taking exercise for the sake of exercise, would fall under this class, as would also many professional folk."

**TO REACH HIGHEST PLANE A PATRIOT'S DUTY.**

Dr. Dearborn's article makes it evident that one cannot be fat and live on the highest plane. And, lest the overweight person take comfort in the thought that doctors disagree on the subject, let me add that New York physicians very generally uphold Dr. Dearborn's opinion.

"It is impossible to be fat and to keep fit, and at this time, when the national crisis calls for the best in us all, it should be a patriotic duty to bring ourselves up to the highest physical plane," Dr. Desire M. Dunn told me yesterday.

Dr. Dunn is head of the women's department of the Life Extension Institute at No. 25 West Forty-fifth Street. She is herself an example of a human machine kept always at the highest point of efficiency. In addition to her professional duties she finds time to ride horseback, run a motor car and a thirty-foot boat, swim, fence, play tennis and drill two evenings a week with the American Woman's League for Self-Defense.

"My uncle, Rear Admiral Dunn, told me the other day," said Dr. Dunn, "that the best thing any woman can do for her country just now is to go out and get recruits for the United States navy. I believe women should take up the work of physical preparation at once. We have been suffering as a nation from precisely the same evils which beset us as individuals—girth, sloth, softness. We must get rid of these things."

**WHAT THE PATRIOTIC WOMAN COULD DO.**

"We get up too late for one thing.

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No woman should rise later than 7 in the morning. If she goes to an office she should get up at half past six. On rising she should do setting-up exercises for fifteen minutes. Then bathe and breakfast. For breakfast she may have two poached eggs, cereal mixed with bran, and one cup of coffee or weak tea. If she is under thirty-five she may have cream, but beyond that age it is better to omit cream and butter. At luncheon, coarse vegetables, like cabbage, spinach, Brussels sprouts, etc., with bran bread, make a good meal. I wish we could go back to the old custom of calling the midday meal dinner and the evening meal supper. What we now call luncheon should be the heaviest meal. We dine much too late. Dinner or supper should be eaten not later than 6 o'clock. Women should take some exercise in the open air; at luncheon, when it is possible, and the setting-up exercises should be repeated before going to bed.

"I allow eggs and meat to women under thirty-five. After that I do not give them meat for luncheon if eggs have been eaten for breakfast. To the young, fish or fowl may be permitted in addition to the two eggs daily. It is only by intelligent diet and regular exercise that women can keep fit." Dr. Dunn added: "These overweight women we see in New York sitting around sipping cocktails and thinking they get away with it will change their minds when they get to be fifty-five or sixty."

**FOUR HELP JAIL PRISONER TO ESCAPE BY COAL HOLE**

"Trusty" In Jefferson Market Rushed Away in Taxi as Outsider Gives Alarm.

Harry Casey, twenty-eight, of No. 428 West Fortieth Street, a "trusty," assistant night engineer in the Jefferson Market Prison, escaped early today by being hauled through the manhole of the coal cellar by four friends to West Tenth Street and departing in a taxicab. The police say Casey was serving a year and a half for violation of the Sullivan law.

Edward Balsley, employed in a bakery across the street, was asked by four men shortly before the escape where they could get a taxicab. Three left and one remained to engage him in talk. A few minutes later he saw three men with a light, apparently examining the prison wall. He excused himself and went through a side door to the prison and warned Keeper Curran. While he was waiting for an answer to the bell he saw a taxicab containing several men leave the corner.

Prison officials found the chain fastening the manhole cover had been sawed and the cover removed.

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## PATRIOTISM TO RULE AT BIG MINSTREL SHOW AT SHEEPSHEAD BAY

The Military Minstrel Show to be given at the Bayside Casino, Sheepshead Bay, this evening, will be the finest ever promoted by the Young Men's Benevolent Society.



KATHLEEN O'LEARY.

Rear Admiral R. N. Usher, commanding officer at the Navy Yard, will be represented by an officer of his staff, and a detail of twenty-five blue-jackets will also be honored guests. Every house in Sheepshead Bay will be decorated, and every able-bodied citizen and citizeness will be at the railroad station at 7.30 P. M. to escort the naval visitors to the Bayside Casino, each one carrying a flag.

Lorraine Baird, Kathleen O'Leary, Happy Gordon and John J. Pullman are some of the principal soloists, and there will be an old-fashioned minstrel show of high quality. Three of Patrick Sarsfield Gilmore's

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famous old musicians will assist—Messrs. William Shuize at the piano; Rudolph Gewert, cornet, and Capt. A. Sterols, flute.

**PLYMOUTH CHURCH JUBILEE.**

Observes Its 50th Anniversary With a Week's Celebration. Plymouth Congregational Church, Brooklyn, began yesterday a week's celebration of the seventieth anniversary of its foundation. A special service was held last night at which Dr. Hillis, the pastor, spoke on "What Plymouth Has Stood For."

A musical programme has been arranged for to-morrow evening, when Leon Dabo and Bruno Hahn will appear.

The anniversary dinner will be given in the church parlors Thursday night. Dr. Lyman Abbott will be the principal speaker. Friday night a special service will be held with addresses by Gen. Horatio C. King, Dr. Rosseter W. F. W. Starr and John R. Howard. The celebration will end next Sunday night with a fraternal service.

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**Father John's Medicine**  
FOR THROAT TROUBLES  
BUILDS YOU UP

CHICAGO DETROIT

Lane Bryant Announce  
For Tuesday, Wednesday and Thursday  
**Millinery Clearance**

Due to our delayed opening, we have accumulated a stock of smart, practical hats, matronly as well as youthful designs, which we will offer at the following reductions.

Hats were 12.00 to 15.00 NOW 7.50	Hats were 15.00 to 20.00 NOW 10.00	Hats were 20.00 to 30.00 NOW 15.00
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21-23 W. 38th St. Just Off Fifth Ave.

## Stern Brothers

West 42nd Street Between 5th and 6th Avenues West 43rd Street

Spring Display in the Upholstery Sections of  
**Novelty Fabrics for Window Curtains**

Figured and Coin Dot Muslins, . . . . .	yard 18c to 70c
Plain and Fancy Bordered Scrim, . . . . .	" 19c to 70c
Colonial Nets, cream and colored, . . . . .	" 18c to 75c
White and Cream Madras, . . . . .	" 27c to 90c
Colored Madras and Sunfast Cloth, . . . . .	" 35c to 3.25
Drawn Block and Filet Bordered Voile, etc., . . . . .	" 25c to 1.25

**Special Order Lace Department**

Real Lace Motifs in various shapes and sizes in Filet, Cluny and Venice for Curtains, Panels, etc.; Laces and Insertions, including Wide Strips for Vestibule or Panel Curtains; Century Old Lace Strips for decorative hangings; Embroidered Pouches, Cushion Slips, Candle Shades and Tea Cosies; Lace Scarfs, Chair Backs, Centrepieces, etc., in Filet and Cluny combinations.

Designing of Lace Curtains, Spreads and Boudoir Fittings is a special feature of this section.

## Linen Satin Damask Table Cloths & Napkins

An Important Sale To-morrow, at Extreme Price Concessions.

Satin Damask Table Cloths, . . . . .	at \$2.95, 3.75 and 4.75
Usually \$3.95 to 6.25 each	
Satin Damask Napkins, . . . . .	at \$3.50, 4.50 and 5.50
Usually \$4.50 to 7.50 a dozen	
Huck Towels, Hemmed, doz. . . . .	\$1.95, 2.50, 3.25
Hemst'd, doz. . . . .	\$2.75, 3.50, 4.50
Turkish Bath Towels, dozen, . . . . .	\$2.75, 3.25, 4.75
Madeira Hand Embroidered Tray Covers, . . . . . each	25c
Luncheon Sets, 13 pcs., . . . . set	\$3.45